



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Müller, Michael

Club: HV Ilsenburg
 Number: 655

Course: 9.60 km
 Ilsesteinlauf

Category:
 Männer M40

Total time: 56:57

Speed: 9.48 km/h
 Running performance: 5:56 min/km

Rank in course/Total: 95 (of 149)

Rank in course/Men: 79 (of 107)

Best time in course: 33:05

Rank in category: 10(of 13)

Best time in the category: 40:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	28:01	6:50	10	8:09	77	11:46	4.10	28:01	6:50	10	8:09	79	11:46
Loddenke	2.20	11:50	5:22	12	3:15	83	5:08	6.30	39:51	6:19	10	11:24	78	16:54
Ilsenburg/Markt	3.30	17:06	5:10	10	5:10	83	6:58	9.60	56:57	5:55	10	16:34	79	23:52